

Vegetarian Association forms in Halton area

By JENNEFER PAUL
Special to the Independent/Free Press

In a time when environmental and health concerns are at their highest, people strive to do their best at improving their lifestyles.

Kari Galasso and Joe Ingham are no exception. Having mutually founded the Halton Vegetarian Association, Galasso and Ingham are making a difference in their lives, as well as others.

The key to starting the association came from their concerns about health, the environment, and ethics. As Galasso stated, "If we all made small changes, it would make big differences."

The association meets the first Tuesday of every month at 7:30 p.m., usually at Hugh Foster Hall in Milton.

The meetings are quite informative, focusing on the merits of vegetarianism as well as some great recipes.

As our awareness is growing, so is the community's involvement.

"We have people who are raising their children as vegetarians," said Galasso.

When asked what vegetarianism excluded, Galasso explained the two types.

"Lacto-ovo vegetarians include dairy products and eggs in their diet," said Galasso, "Vegans

exclude all animal products."

Galasso, one of the former, explains that people will adjust to the type that best suits their needs.

Membership fees for the association run from \$15/year for seniors and full-time students, \$20/year for a single person, or \$30/year for a family of two or more.

The fees are applied to the renting of the meeting room and a newsletter that is published monthly.

Upcoming events include a trip to Ruby's, an exclusive vegan restaurant on the corner of Winston Churchill Blvd. and Hwy 5 in Mississauga.

"Ruby's quite the character," said Galasso. "She runs the whole show herself. She just loves to entertain."

For those who still like that taste of meat, Galasso said you would be surprised at the variety of food available.

"There are things there that look like Salisbury steaks...but aren't," added Galasso. "You'd be surprised."

As Galasso said, "Humans dominate, and we're doing some serious damage to the earth. It is time to do something about it."

If you find that you're interested in learning more about vegetarianism, contact Kari Galasso at 876-0563, or Joe Ingham at 878-7707.

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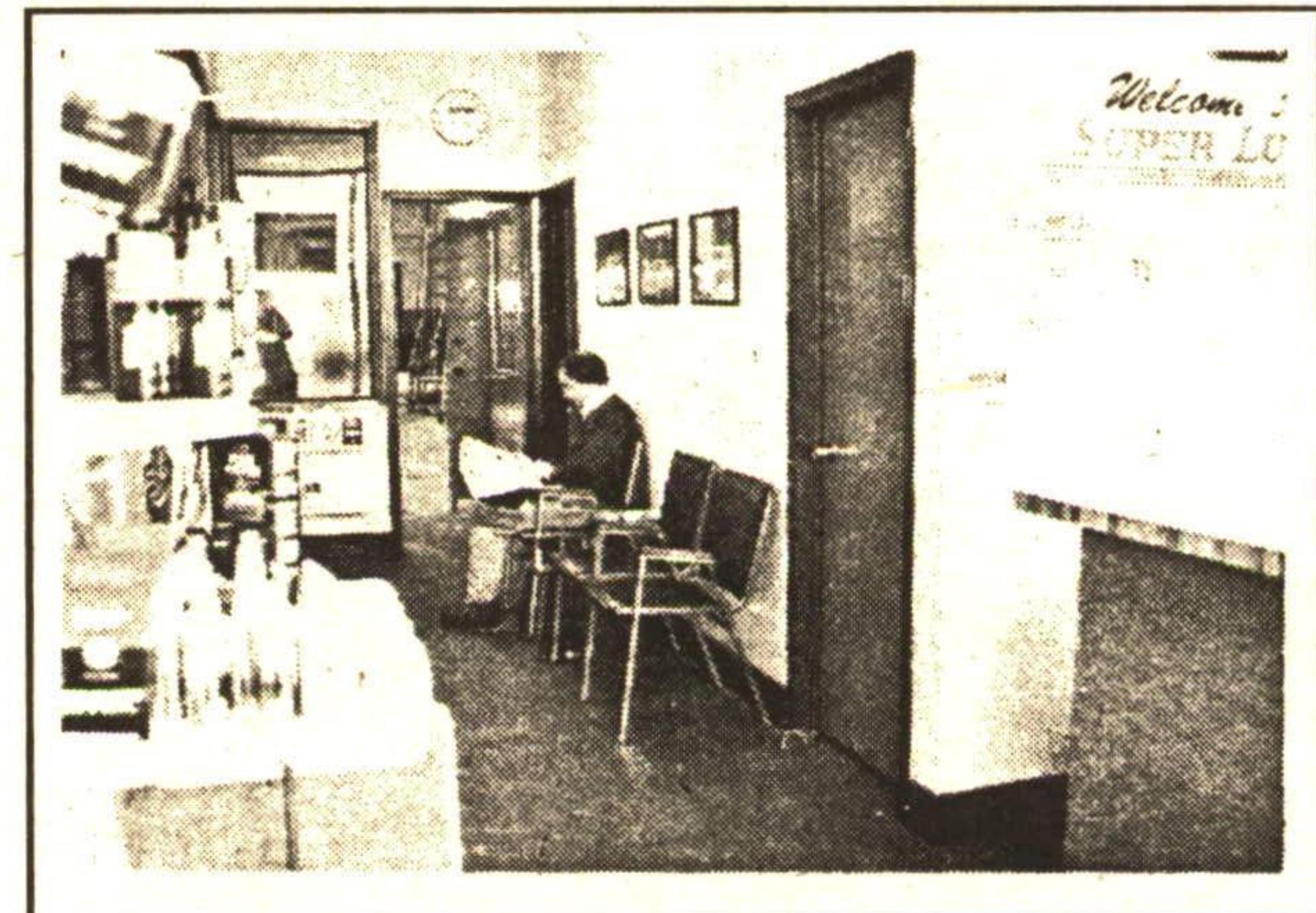
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Guest Speakers:

• Maurice Carter - Business Personality and Reform Party National Executive

• Dick MacDuffee - Local Businessman and Reform Party Candidate for this riding.

Dick's topic is "The New Democracy".

For more information call: 873-8822